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ARRESTS FOR DRUNK DRIVING INCREASED DURING 1978

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fell from .19% to .18% in 1978. Ninety-four percent were males and six percent were females. Average age of defendants referred remained at 35.

The Education-Treat m e n t Countermeasure is based upon the belief that the incidence of drunk driving can be significantly reduced by educating and treating DUI defendants and in assisting problem drinkers in dealing with their alcohol abuse. Five hundred and thirty-four defendants successfully completed Central Virginia ASAP's classes in education or treatment in 1978 while one hundred ninety-six participants were dropped from the program for failure to comply with the Agreement to Participate they signed upon enrollment. When a defendant is dropped, his case is returned to court.

Of the 1,332 defendants who have successfully completed the program since Central Virginia ASAP began operation in March 1976, only seventy, or five percent, have been rearrested for driving under the influence.

Upon referral, defendants are evaluated and interviewed to determine their level of alcohol involvement. In 1978, 69% of all incoming defendants were found to have a serious drinking problem and were assigned to a treatment program administered by Central Virginia Mental Health Services. All other defendants participated in at least thirteen weeks of intensive alcohol education and defensive driving instruction conducted by Central Virginia ASAP at Central Virginia Community College.

The fourth countermeasure, Public Information, encourages every individual, regardless of his own drinking experience, to participate in keeping the drinking driver off of the road. A special effort is made through area high schools to reach young people who are learning to drink and to drive at the same time.

In 1978 the $200 fee collected from defendants referred to the program covered operating costs. Receipts for the year were $139,057 and operating expense totaled $133,157.

"It is highly rewarding to administer a program which benefits all citizens of the community while costing the taxpayers nothing," commented Director Townes. "The potential for applying the concept to other government services is exciting and actually reverts to the traditional 'pay as you go' philosophy of Virginia's founders."

PARENTS INVITED TO VISIT SCHOOLS - MARCH 2

Continued From Page 1

Lynchburg Public School; **Chrman:** Mrs. Charlotte Rouse.

English

Activty: Minimum Competencies; **Consultant:** Dr. Mary Hall, State Department of Education; **Chairman:** Mrs. Kathy Whately.

Foreign Language

Activity: Trends in Foreign Language; **Consultant:** Mr. Marshall Brannon, State Dept. of Education; **Chairman:** Miss Claudine O'Brien.

Grades K-2

Activty: "You Have To Reach Them To Teach Them"; **Consultant:** Dr. Evelyn Bickham, Lynchburg College; **Chrman:** Mrs. Catherine Miller

Grades 3-4

Topic: Viewing and Reviewing: Mathematics and Science; **Chairman and Discussion Leader:** Mrs. Sarah Wayne.

Grades 5-6

Activity: Concerns and Objectives of Teaching BLS; Discussion Leader: Mrs. Anne Ramsey, Title I; **Chairman:** Miss Pam White.

Guidance

Activity: Title IV-C Guidance Program; **Chairman and Discussion Leader:** Mr. Victor Meadows.

Library

Activity: Library Visitation; **Discussion Leader:** Mrs. Terry Bailey; **Chairman:** Mrs. Nellwyn Smith.

Mathematics

Activity: Minimum Competencies: Remediation; **Consultant:** Mr. Herb Vitale, Secondary Supervisor, Lynchburg; **Chairman:** Mrs. Helen Simpson.

Music

Activity: Observation of Choral and Instrumental Music; **Chairman:** Mr. Frank Coffey

Physical Education and Health

Activity: Revision of the Physical Education Curriculum Guide; **Chairman and Discussion Leader:** Mrs. Lucy Harris

Science

Activity: The 1979 Science Fair; Chairman and Discussion Leader: Mrs. Nancy Jones

Social Studies

Activity: Curriculum Development; **Consultant:** Dr. David Blevins, State Dept. of Education; **Chairman:** Mrs. Judy Dorety

Special Education

Activity: The Individualized Instructional Program; **Consultant:** Mr. Douglas Cox, State Dept. of Education; **Chairman:** Mrs. Bettye Williams

Title I

Activity: County Criterion Objectives; **Consultant:** Mrs. Pam Wright, Lusk Associates; **Chairman:** Mrs. Nancy Carwile.

Vocational Education

Activity: The Role of the Vocational Teacher in Job Placements; **Consultant:** Mr. I. W. Baughman, State Dept. of Education; **Chairman:** Mr. Jesse Morgan.

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DID YOU KNOW

That the 15 *billion* disposable polystyrene foam cups and containers American consumers use every year account for less than 1/50,000 of the nation's solid waste load?

The reason is, of course, that foam products are mostly air.

It's that air inside, however, that gives the foam cups their many unique and helpful properties. The best known of these is foam's ability to insulate. Foam cups keep hot things hot and cold things cold longer.

Because they're light and unbreakable, foam cups and containers are easier to manage by those too elderly or ill to handle heavy china comfortably. The insulation provided by the foam also makes the containers safe and easy to handle, regardless of the temperature of their contents.

All that air means, too, that foam cups use less natural resources. According to the Foam Cup and Container Division of the Society of the Plastics Industry, that use is actually a loan, because discarded foam cups help solid waste to burn more efficiently in an incinerator.

Young elephants stay with their mothers for about 12 years before going out on their own.

The Bible And Daily Living

By Dr. William L. Trimyer

HOW DO YOU MEASURE UP?

Background Scripture: Ephesians 4:1-16

. . . until we all achieve to the unity of faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fulness of Christ. Eph. 4:13

Setting Standards

Mathematics was my most troublesome subject in school. I can recall those long nights when my mother used to drill me on the multiplication tables. I thought I would never learn those things! What was even more difficult to learn were the tables of weights and measures. I can hear even now the teacher's chalk screeching across the blackboard . . . 16 ounces equals one pound, 12 inches equals one foot, 3 feet equals one yard, and 5,280 feet equals one mile.

Those were the standards we lived by in those "ancient" days! The "new math" and the institution of the metric system baffles many of us. Certain standards and traditional absolutes have been questioned or even rejected in some cases. Nevertheless, we humans need some kind of standard by which to live.

Paul defines a certain standard of unity in his letter to the Ephesians. He encourages the recipients of the letter to strive for unity of faith. A sense of unity or wholeness is a precious comodity. There is a craving in most of us for unity. Every broken heart craves for it. Every broken church needs it. Those facing a broken marriage want it. Those battling emotional problems wish for it. Unity . . . that sense of longing for one's life to have some depth of pattern and cohesiveness.

Paul goes on to talk with his readers about "unity of the Spirit." He describes seven elements which make up this kind of unity among the people of God. There is one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God.

The Christian life demands that a certain set of standards be met. We may need to make an occasional mental checklist. Are we relating to others in ways that will encourage them to look at Christ? Is our attitude towards life becoming more or less positive? Are we following through with our commitments to our church?

The Christian's standard is Christ, and we are encouraged to echo his spirit throughout our community.

Measuring Up with Three R's

We can strive to resemble Christ in a variety of ways. In our **REACTIONS** we can be bold and aggressive. Was Jesus bold and aggressive? You bet your life, he was! Jesus became angered at those who turned the house of prayer into a marketplace. He didn't go in and tickle their noses with a feather; he whipped their backsides and drove them out. Jesus became angry over the right things.

Christians can be appropriately moved to anger over poverty, social injustice, hypocrisy, and social problems which do people in. To be unmoved by such things is to be spiritually anemic.

In our **RELATIONSHIPS** we can resemble the spirit of Christ. It has been said that the population is made up of three kinds of people - the evil, the wise, and the foolish. Jesus saw people "as sheep without a shepherd." We, as Christians are not to break down the population into fools or evil. We are called to set a standard of measurement whereby we reach out to our brothers and sisters with a willingness to serve humanity. We do not sit in judgment against our brothers and sisters, for we are all broken people in need of healing. Prejudiced attitudes and discriminaiton do not foster healing.

In our **RESPONSIBILITIES** we are to resemble Christ. Jesus took his mission very seriously. Even at the early age of twelve he was about his Father's business. From the "gallows" to the grave, Jesus maintained his commitments to the Father and to the people he came to love and serve.

The Christian's service to Christ and fellow human beings requires a mixture of blood, sweat and tears.

(Dr. Trimyer is pastor of Elon Baptist Church in Pamplin City, Virginia.)

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Hospital Costs Still Rising

Along with everything else, the cost of hospital care is rising, but citizens of the United States are getting the best health care in the world. Up until a few years ago, hospital care was basically custodial care.

At a recent meeting on HOSPITAL COSTS held at the Virginia Baptist Hospital in Lynchburg, Charles S. Elliott, Executive Director, Virginia Baptist Hospital, Lynchburg noted:

"Following major surgery 40 years ago, 1 out of every 4 patients died. Today the number is 1 out of 100; in 1937 one out of every 7 cancer patients was saved and today the number is one out of three."

If you were born in 1900 you could expect to live to be 48 years of age; a child born today can expect a life span of 72.3 years.

Americans today are demanding the best possible health care. As technology advances, patients want the benefits that these advances bring. These improved services do prolong life but they are expensive to maintain.

General inflation has hit hospitals as well as everything else.

L. Darrell Powers, Director of Financial Affairs, Lynchburg General Hospital, Lynchburg, pointed out:

"Hospitals operate on a 24 hour-day basis, seven days a week and almost three hospital employees are needed for every patient. With increases in minimum wage and increases in salary for highly-trained personnel, labor costs have, out of necessity, risen at a rapid rate. Utility costs were up 25% last year; 28% the year before and 34% the year prior to that. Supplies are up; band aids up 42% in three years; alcohol swabs up 47% in three years and sponges up 22%".

With higher costs for equipment, labor supplies, the cost of hospital care had no place to go but up.

Bad or uncollectable debts at a typical hospital have increased 208% in three years according to a Wall Street Journal report.

In discussing what can be done to contain health care cost, Donald M. Wechsler, Assistant Executive Director at the Virginia Baptist Hospital, noted the following:

On a statewide basis, the Virginia Hospital Association has implemented several programs to actively hold down costs.

1. Virginia Hospital Rate-Review Program was implemented in 1972 for the purpose of subjecting hospital financial data to outside scrutiny. This has helped hospitals all over the state to reduce costs.

2. Virginia Hospital Insurance Reciprocal Program, established in 1977 . . . this program is designed to help combat the high cost of hospital liability insurance. Lynchburg General Hospital and Virginia Baptist Hospital take part in this program. It is estimated participating hospitals have already saved up to $500,000.

3. Group Purchasing Programs: Member hospitals have pooled their purchasing needs and buy high volume amounts at lower prices. Lynchburg General and Virginia Baptist Hospitals have saved approximately 50,000 jointly.

4. Locally, both Lynchburg hospitals have cooperated to avoid the duplication of services. This is the reason that there is one Emergency Department, one O.B. Department; one Neo-natal Unit; one A. T. Scanner and one Cobalt Unit, etc.

As more and more people are requiring the services of hospitals, the hospitals are striving to provide the best possible care.

Exercise Can Benefit Your Heart

Almost anyone will say that exercise is "good for you" and most doctors say that it is particularly good for your heart."

While exercise alone will not prevent or cure heart disease, it can promote cardiovascular fitness.

Regular exercise:

*improves blood circulation throughout the body. Lungs, heart and other organs and muscles work together more efficiently.

*helps an individual handle stress, so he or she can do more and not tire so easily. It bolsters enthusiasm and optimism.

*is good for psychological well-being; it is a tension release and helps relaxation and sleep.

Along with proper diet, it can help control weight.

If performed on a regular basis, it may help the body make the best use of fats and sugar (carbohydrates).

Before beginning an exercise program, the American Heart Association recommends that you see your doctor. He or she will help you find an exercise program which suits your needs and your physical condition.

Chances are, if you're in good health, your physician will recommend a program of frequent, ongoing physical activity which is rhythmic, repetitive, involves motion and the use of large muscles, and challenges the circulatory system.

Anyone starting a program of regular exercise, and especially one who has been sedentary, should not go "all-out" from the start. Begin easily. After becoming accustomed to a certain level of exercise, go to something more demanding.

Exercise is not a remedy for all physical ills; and in some cases, without proper guidance, it could be damaging. However, a program appropriate for individual needs, can make a difference in personal outlook and well-being.

Don't demand a guarantee that exercise will add years to your life; to expect it to improve the quality of the years in your life.

FREE COMPUTER ANALYSIS & PACKET

(For the citizens information from your Emergency Services Coordinator for the County of Appomattox, W. R. Britton, Jr.)

Virginia homeowners are receiving free Home Energy Computer Analyses to help cut winter heating bills by dialing the toll-free Energy Hot Line 1-800-552-3831. Free "Do-It-Yourself" Packets, included with computer questionnaires, enable homeowners to undertake many of their own energy saving improvements.

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